



# Pleasanttries

## Reading Senior Newsletter

www.readingma.gov/elder



October 2014

### Elder / Human Services

16 Lowell St.  
781-942-6608  
Fax 781-942-9071  
M, W, & Th. 7:30 - 5:30 p.m.  
Tuesday 7:30 - 7:00 p.m.

### Pleasant Street Center

49 Pleasant St.  
781-942-6794  
Fax 781-942-9034  
Mon. - Fri. 8:30 - 4:00 p.m.

### Elder/Human Services Administrator

Jane Burns  
781-942-6658

### Clerk

Ann Gentile  
781-942-6608

### Pleasant Street Center

Coordinator  
Sharon Thomas  
781-942-6796

### Social Services

Kerry Valle 781-942-6659  
Melissa Koster 781-942-6680

### Van Driver

Joe Beninati

### Council on Aging

Christine Hansen, Chairman  
Thomas Procopio, Vice Chairman  
Donavin Bentley  
Erica Deane  
Margaret Havey  
Sally Hoyt  
Steve Oston  
John Parsons  
Sandra Shaffer  
Kevin Walsh

October is a busy month in Elder Services filled with both entertainment and more serious life issues. Be sure to check out some fun events like the Oktoberfest, and downtown trick or treating.

If you are caring for a loved one with memory loss join us on October 28 for our Virtual Dementia Tour (see the insert) which precedes our new Caregivers Support Group.

There are a lot of great programs this month and more good stuff on the way...

## SPECIAL EVENTS

There is no van service on Monday, October 13 - Columbus Day

**Movie Day, Thursday October 2, 1:00 Last Vegas**

**A Matter of Balance Workshop: Tuesday, October 7, 10:00**

**Oktoberfest Lunch Tues. October 7, 12:00**

**Ham & Bean Supper Thursday, October 9, 5:00**

**Medication Safety Collection -Friday, October 10, 10:30**

**Lunch and learn The Cost of Aging-in-Place: Tuesday, October 14, Noon**

**Hearing Tests Thursday, October 16, 10:15**

**Not Too Stuffy Book Club, Thursday, October 16, 1:00 - 2:00 see page 7**

**Senator Lewis, Friday, October 17, 2:30 - 3:30**

**Birthday Lunch, Monday, October 20, Noon**

**Lunch and Learn - Making Decisions Tuesday, October 21, 12:00**

**Stoneham Theatre, The Addams Family Musical - Wednesday, October 22**

**Wii Games, New Monthly Program, Thursday, October 23m 1:00 (see page 3)**

**Lizzie Borden and the 40 Whacks, Tuesday, October 28 - 1:15**

**Understanding & Caring for loved ones with Memory Loss, Tues., October 28, 6:00**

**Downtown Trick or Treating, Wednesday, October 29, 4:00**

**Movie Day, House on Haunted Hill, Thursday, October 30, 1:00**

**Medicare Open Enrollment Presentation, Thursday, October 30, 10:15**

*See page 2 for a full description*



### IMPORTANT SYMBOLS



Registration Required

781-942-6794

Free Transportation

781-942-6794

**Reservations start** Tuesday, September 25,. Please call by noon at least **two** days before the event. Cancellations

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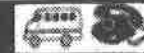
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## MONTHLY ACTIVITIES



**Fix It:-** Leave the lamp at the reception desk any day. You only pay for parts.

**Movie Day:** Thurs., Oct. 2, 1:00. **Last Vegas.** Four sixty something pals gather in Las Vegas to celebrate Billy's upcoming nuptials with the intention of running wild. Cast: Robert De Niro, Morgan Freeman, Michael Douglas.

**SH.I.N.E. Counseling – (Serving Health Insurance Needs of Elders)** Fri., Oct. 3 & 10, 10:00 - 3:00, Call for an appointment 781-942-6794.

**Oktoberfest Lunch:** Tues., Oct. 7, 12:00. Raise a cold beer (*root beer*) and enjoy some German fare with entertainment by everyone's favorite - The Carrtunes.

**A Matter of Balance Workshop:** Tues., Oct. 7 - Dec. 2, 10:00 am - 12:00 pm. An 8 week session meets weekly. This workshop is designed to reduce the fear of falling and view falls as controllable. It helps increase activity levels. Each session includes discussion and exercises to improve your balance, flexibility and overall strength. The last session sold out quickly. **A minimum of 6 people is required to hold the class.**

**Ham and Bean Supper:** Thurs., Oct 9, 5:00 - Reading Police will sponsor their annual Ham and Bean Supper. This event is for Reading residents only.

**Medication Safety Collection:** Fri., Oct. 10, 10:30 - 11:30 - Do you have old, expired and unneeded medication? Bring medications in a zip lock bag. Reading Coalition Against Substance Abuse Director Erica McNamara and Detective Michelle Halloran will collect & dispose of them.

**Lunch & Learn:** Tues., Oct. 14, lunch 12:00 and learn 12:30 **The Cost of Aging-in-Place:** Understanding the Process of Aging in Place, Your Options and Resources: What is aging-in-place and what is available to enhance our independence?

**Hearing Tests:** Thurs., Oct. 16, 10:15 - Are you having difficulties hearing your loved ones? Come have your hearing screened by Audiologist, Anita McGrory.

**State Senator Jason Lewis:** Fri, Oct., 17, 2:30. Stop by and get to know Sen. Lewis. Raise any questions/concerns.

**Birthday Lunch:** Mon, Oct. 20, Noon, Your lunch is free. If it is not your birthday month suggested donation for lunch is \$2.00.

**Lunch & Learn: Making Decisions: Conversations About Health Care Proxy, Five Wishes and More!** Tues., Oct, 21, lunch 12:00 and learn 12:30 - 1:00. This program empowers people to advocate for their health care as well as providing practical tools for setting up advance directives.

**The Addams Family Musical, Stoneham Theatre Senior Matinee:** Weds. Oct. 22, 2:00 pm. Gomez and Morticia couldn't be prouder of their kooky family. When daughter, Wednesday, falls in love with a normal boy, nothing will ever be the same. All of your favorite characters from the Addams Family come to life in this wacky musical comedy. Tickets \$35, check payable to Stoneham Theatre due to Receptionist by Oct. 8.

**Lizzie Borden and the 40 Whacks,** Tues., Oct. 28, 1:15. Join us for a live production. Spinster Lizzie Borden was accused, tried, and acquitted for the axe murders of her father and stepmother. The performance includes a mock trial that invites the audience to participate by questioning Lizzie, her maid, the attorneys and deciding guilt or innocence. Did she or didn't she? You be the judge!


**Downtown Trick or Treating:** Weds., Oct 29, 4:00 - 5:30. Join us for refreshments as we welcome the young ghosts & goblins and offer them treats.

**Movie Day:** Thurs., Oct. 30, 1:00 Join us for a classic Vincent Price movie - **House on Haunted Hill** - A devilish millionaire offers five strangers \$10,000 to stay overnight in a remote haunted mansion.

**Medicare Open Enrollment:** Thurs., Oct. 30, 10:15. Learn about insurance options and help with Prescription Drug Coverage. Presented by Carla Brockway from MVES

**Lunch is Served:** Noon. Join us weekdays for a good meal, conversation, and occasional entertainment. Sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, \$3.50). **Advance Registration Required.**

**CLASSES, CRAFTS & GAMES**

**Art Lessons with Steve Greco:** Tuesdays, 9:30 - 12:00  
2 ½ hours for \$10.00. Steve will teach any medium 

**Klickity Klack (Knitting Group):** Wednesdays, 9:30 - 11:00 Arts & Crafts Rm. New knitters welcome. 

**Painting Group:** Fridays, 10:00 - 12:30 (No Van)

**Computer Classes:** Learn to use email, send pictures, use the internet. Bring your own laptop if you want.

**Tuesdays/Thursdays with Ethan** - 1:00 - 2:00

**Wednesdays with John Walsh** 10:00 - 11:00

**Wii Games:** Thurs., Oct. 23, 1:00 

**Cribbage:** Mondays, 1:00 - 3:00

**Billiards:** (No van) Wednesdays, 10:00 - 11:15

*Pool table is available Monday - Friday*

**Bingo:** Tuesdays 1:00—2:30

**Chess:** Fridays, 1:00 - 3:00 (No van).

**Party Bridge:** Fridays, 12:45 - 3:15 \$1.00 to play, New Players Welcome. (No Van)

**MAH JONGG:** Thursdays, 12:30 - 3:30

**Quilting:** Weds, 1:00 - 3:00, Oct. 8 & 22 Great techniques and tips for saving time. Come visit and try it out. Class size is limited. Fee for class (Alternate Weds. thru Nov.)

**FITNESS**

**Motion to Music** - Tues. & Thurs., 9:00 - 10:00. \$20/month; \$15/month - any 5 classes during the calendar month. Drop-ins \$4/session.

**B.E.S.T.** - Balance, Energy, Strength, Training  
Fridays, 9:00 - 10:00 Lounge. Drop-in \$3/Session.

**Yoga** - Mon. - 11:00 - 12:00, 5 weeks for \$50 or \$11 for drop-in


**Zumba Gold:** Kelli - Mon. and Cindy on Weds 9:15 - 10:15 - Drop-in \$5/session. Zumba is fun...

**Tai Chi** - "FOREVER 49" - Fit for Life Fitness Program - Chi Gong, weight lifting, and more. **Mondays & Wednesdays** 1:30 - 2:30 \$40 for the month or \$10 for Drop-ins. **FIRST CLASS FREE** October 1, come try this class and see how to stay fit for life.

**Body and Brain Flexibility,** Tuesdays thru November 18, 11:00 - 12:00 or \$5 drop in.

**Gentle Chair Yoga:** Tuesdays 1:00 - 1:45, \$35.00 for 4 weeks or \$ 10.00 drop in.

**Pleasant Street Spa**

**Roberta Our Hairdresser**—Mon., Oct. 20 - 9:30 - 1:00 by appointment call (781) 245-6605 

**For facials, manicures, chair massage please call the Pleasant Street Center (No Van Service)**

**Facials** - Thursdays, October 2 & 16, 9:00 - 11:00  
Choose 15 min./ \$5 or 30 min. /\$10.

**Chair Massage** - Thursdays, October, 2, 16, & 23—9:00 - 11:45, Receive a 15 minute chair massage for only \$8.

**Manicures** - Thursdays, October 9 & 23, 9:30 - 1:00, \$6.00 or \$7.00 French.

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**IMPORTANT VAN INFORMATION**  
**PLEASE READ**  
These are destination arrival times. Please be ready 30 minutes – 1 hour prior to the time listed.

**ABBREVIATIONS**  
CG = Cedar Glen  
FTD = Frank Tanner Drive  
**EVERYTHING IN BOLD**  
**TRANSPORTATION**

8:45 Neighborhood Shopping  
8:15 Zumba  
9:30 Kikicky Kiack  
10:00 Computers w/John  
10:00 Billiards  
1:30 Neighborhood Shopping  
1:30 Forever 49 - Tai Chi  
Macaroni & cheese or Roast beef/American cheese sandwich

8:30 Burbank YMCA  
8:45 CG Shopping  
9:00 Motion to Music  
9:00 Facials  
12:30 MAH JONGG  
1:00 Computers w/Ethan  
1:00 Movie  
Haddock with crumb topping or Tortellini! salad

8:45 FTD Shopping  
9:00 BEST  
10:00 Painting  
10:00 SHINE  
12:00 Lunch  
12:45 Party Bridge  
1:00 AA  
1:00 Chess  
Broccoli quiche or Turkey sandwich

9:00 Wal-Mart  
9:15 Zumba  
10:00 Blood Pressure  
11:00 Yoga  
12:00 Podiatry  
12:00 Lunch  
1:00 Woburn Mall, Target, Kohi's  
1:00 Cribbage  
1:30 Forever 49 - Tai Chi  
6:30 COA  
Turkey tetrazzini or Egg salad sandwich

8:30 Burbank YMCA  
9:00 Motion to Music  
9:30 Art Lessons  
10:00 A Matter of Balance  
11:00 Body & Brain Flexibility  
12:00 Oktoberfest Lunch  
1:00 Bingo  
1:00 Computers w/Ethan  
1:00 Gentle Chair Yoga  
Bratwurst or Chicken pesto Caesar salad

8:45 Neighborhood Shopping  
9:15 Zumba  
9:30 Kikicky Kiack  
10:00 Computers w/John  
10:00 Billiards  
12:00 Low Vision Group  
12:00 Lunch  
1:00 Quilling  
1:30 Parkinson Support  
1:30 Forever 49 - Tai Chi  
1:30 Neighborhood Shopping  
Sweet potato fish fillet or Roast beef/cheddar cheese sandwich

8:30 Burbank YMCA  
8:45 CG Shopping  
9:00 Motion to Music  
9:30 Manicure  
12:00 Lunch  
12:30 MAHJONGG  
1:00 Computers w/Ethan  
5:00 Ham/Bean Supper  
Pot roast or Seafood salad sandwich

8:45 FTD Shopping  
9:00 BEST  
10:00 Painting  
10:00 SHINE  
12:00 Lunch  
12:45 Party Bridge  
1:00 AA  
1:00 Chess  
Tortellini with sauce or Turkey/Swiss cheese sandwich

**TOWN HALL AND PLEASANT STREET CENTER CLOSED**  
**COLUMBUS DAY**

8:30 Burbank YMCA  
9:00 Motion to Music  
9:30 Art Lessons  
10:00 A Matter of Balance  
11:00 Body & Brain Flexibility  
12:00 Lunch 'n Learn - Aging in Place  
1:00 Bingo  
1:00 Computers w/Ethan  
1:00 Gentle Chair Yoga  
Beef burgundy or BBQ chicken sandwich

8:45 Neighborhood Shopping  
9:15 Zumba  
9:30 Kikicky Kiack  
10:00 Billiards  
10:00 Computers w/John  
12:00 Lunch  
12:00 Neighborhood Shopping  
1:30 Forever 49 - Tai Chi  
Chicken paprika or Egg salad sandwich

8:30 Burbank YMCA  
8:45 CG Shopping  
9:00 Motion to Music  
9:00 Facials  
9:00 Chair Massage  
10:15 Hearing Test  
12:00 Lunch  
12:30 MAH JONGG  
1:00 Computers w/Ethan  
1:00 Book Club  
Salmon fillet or Ham chef salad

8:45 FTD Shopping  
9:00 BEST  
10:00 Painting  
12:00 Lunch  
12:45 Party Bridge  
1:00 AA  
1:00 Chess  
2:30 Sen. Lewis  
Lentil stew or Roast beef/cheddar

9:00 Downtown Errands, Calareso, Library  
9:15 Zumba  
11:00 Yoga  
12:00 Birthday Lunch  
1:00 Cribbage  
1:00 Redstone/Jorden's/Home Depot  
1:30 Forever 49 - Tai Chi  
Ginger chicken or Tuna salad sandwich

8:30 Burbank YMCA  
9:00 Motion to Music  
9:30 Art Lessons  
10:00 A Matter of Balance  
11:00 Body & Brain Flexibility  
12:00 Lunch 'n Learn- Decisions  
1:00 Bingo  
1:00 Computers w/Ethan  
1:00 Gentle Chair Yoga  
Veggie burger or Turkey/cheddar cheese

8:45 Neighborhood Shopping  
9:15 Zumba  
9:30 Kikicky Kiack  
10:00 Computers w/John  
10:00 Billiards  
12:00 Lunch  
12:00 Neighborhood Shopping  
1:30 Forever 49 - Tai Chi  
American chop Suey or Egg salad sandwich

8:30 Burbank YMCA  
8:45 CG Shopping  
9:00 Motion to Music  
9:00 Chair Massage  
9:30 Manicure  
12:00 Lunch  
12:30 MAH JONGG  
1:00 Wii Games  
1:00 Computers w/Ethan  
Stuffed shells or Turkey ham and Provo-lone Sandwich

8:45 FTD Shopping  
9:00 BEST  
10:00 Painting  
12:00 Lunch  
12:45 Party Bridge  
1:00 AA  
1:00 Chess  
Fish with creole sauce or chicken patty sandwich

9:00 Woburn Mall, Target, Kohi's  
9:15 Zumba  
11:00 Yoga  
12:00 Lunch  
1:00 Cribbage  
1:00 Wal-Mart  
1:30 Forever 49 - Tai Chi  
Roast pork or Seafood salad sandwich

8:30 Burbank YMCA  
9:00 Motion to Music  
9:30 Art Lessons  
10:00 A Matter of Balance  
11:00 Body & Brain Flexibility  
12:00 Lunch  
1:15 Lizzie Borden  
1:00 NO BINGO/Computers w/Ethan  
1:00 Gentle Chair Yoga  
6:00 Understanding Memory Loss  
Cheese sandwich

8:45 Neighborhood Shopping  
9:15 Zumba  
9:30 Kikicky Kiack  
10:00 Computers w/John  
10:00 Billiards  
12:00 Lunch  
12:30 Neighborhood Shopping  
1:30 Forever 49 - Tai Chi  
4:00 Downtown Trick or Treating  
Hot dog or Roast beef/cheddar cheese sandwich

8:30 Burbank YMCA  
8:45 CG Shopping  
9:00 Motion to Music  
10:15 Medicare Presentation  
12:00 Lunch  
12:30 MAH JONGG  
1:00 Movie  
1:00 Computers w/Ethan  
Meatball sub or Chicken salad sandwich

8:45 FTD Shopping  
9:00 BEST  
10:00 Painting  
12:00 Lunch  
12:45 Party Bridge  
1:00 AA  
1:00 Chess  
Turkey a la king or Tortellini salad

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

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## On the Go!

Van transportation is a free service to Reading seniors and disabled residents. Our goal is to provide safe, efficient and friendly service. Reservations should be made 24 hours in advance by calling the Receptionist at the Pleasant Street Center (781) 942-6794.

The times listed below are expected time of arrival at the destination. Please be ready 45 minutes prior to the time stated (for example if the shopping time is 9:30 you should be ready by 8:45).

### Woburn Mall, Target or Kohl's for everyone

Monday, October 6 ~ 1:00 – 2:30

Monday, October 27 ~ 9:00 – 10:30

### Wal-Mart for everyone

Monday, October 6 ~ 9:00 – 10:30

Monday, October 27 ~ 1:00 – 2:30

### Downtown Errands, Calareso's/Library for all

Monday, October 20 ~ 9:00 – 10:15

### Redstone, Home Depot or Jordan's for everyone

Monday, October 20 ~ 1:00 – 2:30

### Burbank YMCA for everyone ~

Tuesdays and Thursdays from 8:30 – 10:30

### Stop n Shop or Market Basket

Neighborhood Shopping, Wednesdays ~ 8:45 – 10:00 & 1:30 – 2:45

Cedar Glen Shopping, Thursdays ~ 8:45 – 10:00

Tannerville Shopping, Fridays ~ 8:45 – 10:00

### Rules of the road...

- All riders must meet the *Standards of Independence for participation at the Pleasant Street Center.*
- Seatbelts are required until the van comes to a complete stop.
- 4 bags per rider.
- Please be on time for all pickups!
- Be sure to cancel if you have a change of plans.

Please refrain from the use of colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers. Thank you for your cooperation.

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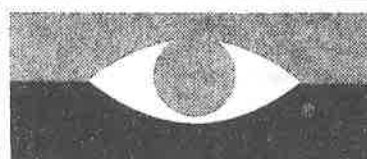
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## MEDICARE OPEN ENROLLMENT

Medicare's Annual Open Enrollment Period starts October 15 and ends on December 7. During Open Enrollment, you may change your Medicare drug coverage for next year. This is an opportunity to review your current coverage. Or, if you've been on Medicare for a while but have never joined a drug plan, open enrollment is your chance to do so. If you want to meet with a SHINE counselor, make your appointment now by calling (781) 942-6794 or Mystic Valley Elder Services at (781) 324-7705.

Certified SHINE Counselors (Serving the Health Insurance Needs of Everyone....on Medicare) provide free and unbiased counseling services and will help you understand your Medicare-related health and drug plans, as well as other options you may have.

## READING RECREATION TRIP!

### Webs Yarn Store, Shelburne Falls & Yankee Candle Trip

Join Reading Recreation for this day trip filled with foliage and fun on Saturday, October 18th. Start by traveling to Webs Great American Yarn Store. This store is 15,000 square feet of first-quality yarns at unbeatable prices! After shopping, venture to Shelburne Falls which is rich with natural beauty, talented artisans, four season recreation and an atmosphere that will make you feel right at home. Some notable features are the Bridge of Flowers, a former trolley bridge over the Deerfield River that is now maintained by the Shelburne Falls Women's Club as a floral display from April through October, and the glacial potholes of the Deerfield River. Before heading home stop at the glorified Yankee Candle Village. The Yankee Candle Village store is where you'll find 400,000 candles in over 200 different famous Yankee scents.

Departure is at 7:45 AM from the Train Depot plaza (Lincoln Street) in Reading. Arrival back in Reading is at approximately 7:00 PM.

Please note: Light snacks and refreshments will be available on the bus but no meals are provided on this trip. Register at the Pleasant Street Center or online at [www.readingrec.com](http://www.readingrec.com) FEE: \$45

## LIBRARY HAPPENINGS

***Haunted History of New England***, Tue, Oct. 21<sup>st</sup>, 7:00 pm at the Pleasant Street Center. We're kicking off this season's LiveWires with a spooky presentation melding historical fact with legend to uncover New England's haunted past. Meet Mercy Brown "The Vampire" of Exeter Rhode Island, discover the Cursed Freetown State Forest, the Haunted Hoosac Tunnel in Western Massachusetts, the Ghosts of the Lizzie Borden House in Fall River, The Ghosts of King Philip's War: Nine Men's Misery, the Mount Washington Hotel in New Hampshire, Giles Corey and the Curse of Salem, Burial Hill in Plymouth and the John Alden House in Duxbury.

## HEALTH SCREENINGS

**Podiatry Clinic**, Mon. Oct. 6 – Call (781) 438-2525 to schedule an appointment.  
Cost \$30

**Blood Pressure** – Monday, October 6, 10:00 – 10:45 sponsored by Hallmark Health

## SENIOR GROUPS

**Low Vision Group**, – Wed., Oct., 8, 10:00  
Speaker Andrea Schein, Mass. Commission for the Blind

**Parkinson's Disease Support Group**.  
Wed, Oct. 8, 1:30 - 3:00 pm, Led by Greater Medford VNA.

**The Not Too Stuffy Book Group**, Thurs., Oct. 16, 1:00-2:00. The Kite Runner by, Khaled Hosseini. The heartbreaking story of the unlikely friendship between a wealthy boy and the son of his father's servant. set in a country that is in the process of being destroyed. It is about the power of reading, the price of betrayal, and the possibility of redemption; and an exploration of the power of fathers over sons—their love, their sacrifices, their lies.

## QUESTIONS/CONCERNS?

**Board of Selectmen Office Hours:**  
Tuesday Oct., 7 6:30 - 7:00 - Town Hall Conference Room

**Congressman John F. Tierney:**  
Issues affecting Seniors and Veterans.  
**Peabody:** 978-531-1669,  
**Lynn:** 781-595-7375,  
[www.Tierney.House.gov](http://www.Tierney.House.gov)

Information relating to legislative issues call Sally Hoyt, Senate President, (781) 944-1191.

**Bingo winners for August** - Barbara Murphy, Blanche Spitz (twice), Carol Holland and Silvana Leone.

## HOLIDAY CHARACTER BREAKFAST

## RECIPE

Reading Elder & Human Services and Reading Recreation have teamed up again! On November 30, come enjoy a delicious pancake breakfast while dining with some all-time favorite holiday characters

Fun for everyone... bring the kids... bring Grandma...

All ages are welcome! **Seniors 60+ FREE** under 60 cost is \$3.00 per person.

Times: 8:00AM - 8:30AM

8:45AM - 9:15AM

9:30AM - 10:00AM

**Registration is open now**, so don't wait space is limited! Please register each person attending by calling (781) 942-6794 or online at [www.readingrec.com](http://www.readingrec.com).



## 2 Ingredient Pumpkin Cookies

- 1 (15 oz) can of pumpkin
- 1 box spice cake mix

Preheat oven to 350°

Line baking sheet with parchment paper

1. Mix your pumpkin and cake mix together in a medium bowl until there are no more lumps.
2. Drop by rounded tablespoon onto prepared baking sheets, about 2 inches apart.
3. Bake for 13-15 minutes, until edges start to golden.
4. Remove from oven and allow to cool 5 minutes on your baking sheet. Transfer to wire rack to finish cooling.

Frost if desired.



**READING ELDER SERVICES**  
16 LOWELL STREET  
Reading, MA 01867

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**DID YOU KNOW:**

You can obtain a copy of the *Pleasantries* at several locations around town or via email at [www.readingma.gov](http://www.readingma.gov).

If you would like to be removed from the mailing list and/or sign up to receive it via email, please call Ann at 781-942-6608.